



IDF GLOBAL CVD SURVEY

Diabetes and cardiovascular disease (CVD) are both global epidemics. They are currently among the leading causes of morbidity and mortality worldwide, particularly affecting the populations of low- and middle-income populations. Their negative effects are accelerated by globalisation, rapid unplanned urbanisation and increasingly sedentary lifestyles.

CVD includes stroke, coronary artery disease and peripheral artery disease. People living with type 2 diabetes are at increased risk of CVD, which generally occurs at an earlier age compared to people without diabetes. As the number of people with diabetes continue to increase, the outlook for CVD becomes even more alarming.

Chronic diseases and poverty create a vicious cycle whereby poverty exposes people to behavioural risk factors for noncommunicable diseases (NCDs) and, in turn, the resulting NCDs may become an important driver to the downward spiral that leads families into poverty. Vulnerable and socially disadvantaged people get sicker and die sooner as a result of NCDs. There is strong evidence for the correlation between a host of social determinants (especially education), and prevalence levels of NCDs and their risk factors.

Taking Diabetes to Heart is a new multi-country study, developed by the International Diabetes Federation (IDF) in partnership with Novo Nordisk, focused on CVD awareness and knowledge among people living with type 2 diabetes. The study - the first of its kind in the world - builds on the IDF global report on [Diabetes and Cardiovascular Disease](#) (2016), which includes recommendations to reduce the burden of CVD among people with diabetes and the general population.

Taking Diabetes to Heart consists of an online survey that is available in multiple languages, at the following link: www.idf.org/takingdiabetes2heart/survey

Additional languages will be added as they become available. The survey takes about 5-10 minutes to complete. Participation is voluntary and all responses will be anonymous. Results from the study will be used to inform policy and decision-making bodies around this common and serious complication of diabetes. It will culminate in a comprehensive report with country specific results and a set of resources related to CVD in particular countries and around the world.

Novo Nordisk has funded and facilitated this research, acted as an advisor to the participating organisations and will assist in the dissemination of the research findings. Novo Nordisk has no involvement in the collection or analysis of data relating to this research.

